# ROCKVILLE SWIM CENTER

355 MARTINS LANE • ROCKVILLE, MARYLAND 20850 • 240-314-8750

The Swim Center, located at 355 Martins Lane, has two Indoor heated pools and two outdoor heated pools, 150 foot waterslide, saunas, whirlpool and health/exercise rooms. Different types of membership are available or you can pay a daily admission fee. For information call 240-314-8750

Admission fees: Adult \$5.50 Children \$4.50

Rockville residents (residing within corporate city limits, with valid City of Rockville Recreation ID available at the Swim Center for \$2)

Adult \$4.50 Children \$3.50

## REGISTRATION PROCEDURES

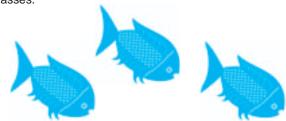
RESIDENTS & PASSHOLDERS: Walk-in, Telephone, Internet, Fax, Mail-in August 20 7:30 a.m.

NON-RESIDENTS & NON-PASSHOLDERS: Walk-in, Telephone, Internet, Fax, Mail-in August 25 7:30 a.m.

REGISTRATION DEADLINE: September 29

#### PLEASE READ

- Purchase your membership/pass PRIOR to registration.
- For mail-in or Fax registration FULLY complete the registration form. If paying by credit card, numbers must be valid and legible.
- The discounted fees listed for each class are <u>only</u> for Swim Center Passholders/Members (Punchcard/Yearly Membership). Note: Discounted fees do NOT necessarily apply to individuals with a RockEnroll ID card or to City of Rockville residents.
- Use the Swim Center registration form for swim classes and send swim lesson registrations to the Swim Center (not to City Hall)
- Management reserves the right to cancel or consolidate any class when necessary. Due to limited time there will be NO make-up classes. For information regarding cancellation of classes listen to radio station WTOP or call 240-314-8750.
- \$10 withdrawal fee for all issued refunds. \$5 fee for switching classes.



#### Children's Swim Classes

We Love Parents, but..... To assist us in offering a quality program for your child, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

#### Look What's New!!

Many classes have new names! Here's a list of old and new names.

> Aqua Babies = Bubblers 1 Aqua Tots = Bubblers 2

> Pre School 1 = Bobbers 1

Pre School 2 = Bobbers 3

Pre Beginner 1 = Floaters 1

Pre Beginner 2 = Floaters 2

Pre Beginner 3 = Strokers 1

Pre Beginner 4 = Strokers 2

Beginner 1 = Youth 1

Beginner 2 = Youth 2

Beginner 3 =Youth 3

Beginner 4 = Youth 4

Beginner 5 = Youth 5

Intermediate 6 = Youth 6

Stroke/Turn = Youth 7

Swim Team Orientation = Swim Team Prep

Aquacize = Aqua Fitness

Aqua Aerobics = Water Aerobics

Water Walking = H2O Walking

## Adult/Child Swim

#### **Bobbers 1 - Adult/Child**

Along with a parent, children learn to adjust to the water! They learn the simple water skills such as submerging, floating, kicking and arm stroking. An adult MUST accompany EACH child into the water.

#8982 Thu	Sep 11-Oct 23	9:30-10 am
\$53(P)/\$64(N)	Ages: 3-5	North Pool
#8983 Thu	Oct 30-Dec 11	9:30-10 am
\$50(P)/\$61(N)	Ages: 3-5	North Pool
#8984 Sat	Sep 6-Oct 18	11:25-11:55 am
\$53(P)/\$64(N)	Ages: 3-5	North Pool
#8988 Sat	Oct 25-Dec 13	11:25-11:55 am
\$53(P)/\$64(N)	Ages: 3-5	North Pool
#8989 Sat	Sep 6-Oct 18	9-9:30 am
\$53(P)/\$64(N)	Ages: 3-5	North Pool
#8990 Sat	Oct 25-Dec 6	9-9:30 am
\$53(P)/\$64(N)	Ages: 3-5	North Pool
#8991 Sun	Sep 7-Oct 19	9:15-9:45 am
\$53(P)/\$64(N)	Ages: 3-5	North Pool
#8992 Sun	Oct 26-Dec 14	9:15-9:45 am
\$53(P)/\$64(N)	Ages: 3-5	North Pool

## **Bobbers 2 - Adult/Child**

Children who already know how to do a front float with a kick should take this class. Children will work on back floats, combining parts of the crawl stroke, and endurance. Work in the deep end is done as well. An adult MUST accompany EACH child into the water.

#8993	Sat	Sep 6-Oct 18	9:35-10:05 am
\$53(P)/\$6	4(N)	Ages: 3-5	North Pool
#8994	Sat	Oct 25-Dec 13	9:35-10:05 am
\$53(P)/\$6	4(N)	Ages: 3-5	North Pool
#8995	Sat	Sep 6-Oct 18	8:25-8:55 am
\$53(P)/\$6	4(N)	Ages: 3-5	North Pool
#8996	Sat	Oct 25-Dec 13	8:25-8:55 am
\$53(P)/\$6	4(N)	Ages: 3-5	North Pool
#8997	Sun	Sep 7-Oct 19	8:40-9:10 am
\$53(P)/\$6	(4(N)	Ages: 3-5	North Pool
#8998	Sun	Oct 26-Dec 14	8:40-9:10 am
\$53(P)/\$6	4(N)	Ages: 3-5	North Pool

#### **Bubblers 1 - Adult/Child**

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#8968 Tue	Sep 9-Oct 21	9-9:30 am
\$53(P)/\$64(N)	Ages: 6 mo-1 <sup>1</sup> / <sub>2</sub>	North Pool
#8969 Tue	Oct 28-Dec 9	9-9:30 am
\$50(P)/\$61(N)	Ages: 6 mo-1 <sup>1</sup> / <sub>2</sub>	North Pool
#8970 Sun	Sep 7-Oct 19	10:25-10:55 am
\$53(P)/\$64(N)	Ages: 6 mo-1 <sup>1</sup> / <sub>2</sub>	North Pool
#8972 Sun	Oct 26-Dec 14	10:25-10:55 am
\$53(P)/\$64(N)	Ages: 6 mo-1 <sup>1</sup> / <sub>2</sub>	North Pool

## Bubblers 2 - Adult/Child

Tots with little or no experience are welcome! Children learn the basics of swimming such as submerging, floating, kicking and arm stroking. An adult must accompany each child into the water and a signed doctors permission slip is required at the first class. Non-toilet-trained children must wear a swim diaper under tight fitting rubber pants. Pants are on sale at the Swim Center.

#8976 Sat	Sep 6-Oct 18	10:10-10:50 am
\$53(P)/\$64(N)	Ages: 1 <sup>1</sup> / <sub>2</sub> -2 <sup>1</sup> / <sub>2</sub>	North Pool
#8977 Sat	Oct 25-Dec 13	10:10-10:50 am
\$53(P)/\$64(N)	Ages: 1 <sup>1</sup> / <sub>2</sub> -2 <sup>1</sup> / <sub>2</sub>	North Pool
#8978 Sat	Sep 6-Oct 18	10:50-11:20 am
\$53(P)/\$64(N)	Ages: 1 <sup>1</sup> / <sub>2</sub> -2 <sup>1</sup> / <sub>2</sub>	North Pool

#8979 Sat	Oct 25-Dec 13	10:50-11:20 am
\$53(P)/\$64(N)	Ages: 1 <sup>1</sup> / <sub>2</sub> -2 <sup>1</sup> / <sub>2</sub>	North Pool
#8980 Sun	Sep 7-Oct 19	9:50-10:20 am
\$53(P)/\$64(N)	Ages: 1 <sup>1</sup> / <sub>2</sub> -2 <sup>1</sup> / <sub>2</sub>	North Pool
#8981 Sun	Oct 26-Dec 14	9:50-10:20 am
\$53(P)/\$64(N)	Ages: 11/2-21/2	North Pool

#### Preschool Classes

We Love Parents But...In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Thank you for your cooperation. Registration deadline for all activities is one week prior to the start of the class unless otherwise noted.

#### Floaters 1

Floaters 1 is designed for children who need to become adjusted to the water. Children will learn to do front/back floats, kicking, and arm stroking as well as putting their face in the water. They also will learn to swim five yards on their front.

#9039	Sat	Sep 6-Oct 18	10:10-10:40 am
\$59(P)/\$7	70(N)	Ages: 4-6	North Pool
#9040	Sat	Oct 25-Dec 13	10:10-10:40 am
\$59(P)/\$7	′0(N)	Ages: 4-6	North Pool
#9041	Sat	Sep 6-Oct 18	9-9:30 am
\$59(P)/\$7	70(N)	Ages: 4-6	North Pool
#9042	Sat	Oct 25-Dec 13	9-9:30 am
\$59(P)/\$7	70(N)	Ages: 4-6	North Pool
#9043 \$59(P)/\$7		Sep 12-Oct 24 Ages: 4-6	4-4:30 pm North Pool
#9044	Fri	Oct 31-Dec 12	4-4:30 pm
\$53(P)/\$6	64(N)	Ages: 4-6	North Pool
#9045	Mon	Sep 8-Oct 20	3:30-4 pm
\$59(P)/\$7	70(N)	Ages: 4-6	North Pool
#9046	Mon	Oct 27-Dec 8	3:30-4 pm
\$53(P)/\$6	64(N)	Ages: 4-6	North Pool
#9047	Sun	Sep 7-Oct 19	9:50-10:20 am
\$59(P)/\$7	70(N)	Ages: 4-6	North Pool
#9048	Sun	Oct 26-Dec 14	9:50-10:20 am
\$59(P)/\$7	70(N)	Ages: 4-6	North Pool

#### Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front should take this class. Children will continue to work on and develop basic swimming skill such as front/back glides, kicking, arm strokes and rhythmic breathing.

#9049 N	/lon	Sep 8-Oct 20	4-4:30 pm
\$59(P)/\$70	(N)	Ages: 4-6	North Pool

FALL 2003					200111
#9050 Mon	Oct 27-Dec 8	4-4:30 pm	#9069 Wed	Sep 10-Oct 22	4-4:30 pm
\$53(P)/\$64(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9051 Tue	Sep 9-Oct 21	5-5:30 pm	#9070 Wed	Oct 29-Dec 10	4-4:30 pm
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$53(P)/\$64(N)	Ages: 4-6	North Pool
#9052 Tue	Oct 28-Dec 9	5-5:30 pm	#9071 Thu	Sep 11-Oct 23	5:30-6 pm
\$51(P)/\$64(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9053 Wed	Sep 10-Oct 22	3:30-4 pm	#9072 Thu	Oct 30-Dec 11	5:30-6 pm
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$53(P)/\$64(N)	Ages: 4-6	North Pool
#9054 Wed	Oct 29-Dec 10	3:30-4 pm	#9073 Fri	Sep 12-Oct 24	3:30-4 pm
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9055 Thu	Sep 11-Oct 23	5-5:30 pm	#9074 Fri	Oct 31-Dec 12	3:30-4 pm
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9056 Thu	Oct 30-Dec 11	5-5:30 pm	#9075 Sat	Sep 6-Oct 18	11:25-11:55 am
\$53(P)/\$64(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9057 Fri	Sep 12-Oct 24	4:30-5 pm	#9076 Sat	Oct 25-Dec 13	11:25-11:55 am
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9058 Fri	Oct 31-Dec 12	4:30-5 pm	#9077 Sun	Sep 7-Oct 19	9:15-9:45 am
\$53(P)/\$64(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9059 Sat	Sep 6-Oct 18	10:10-10:40 am	#9078 Sun	Oct 26-Dec 14	9:15-9:45 am
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9060 Sat \$59(P)/\$70(N)	Oct 25-Dec 13 Ages: 4-6	10:10-10:40 am North Pool		swim a coordinated cr	
#9061 Sat	Sep 6-Oct 18	9-9:30 am	should take this cl	lass. Children will work eading water. Students troke and breaststroke	c on perfecting front/
\$59(P)/\$70(N)	Ages: 4-6	North Pool	back crawl, and tre		will be introduced to
#9062 Sat	Oct 25-Dec 13	9-9:30 am	#9079 Tue	Sep 9-Oct 21	5:30-6 pm
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9063 Sun	Sep 7-Oct 19	10:25-10:55 am	#9080 Tue	Oct 28-Dec 9	5:30-6 pm
\$59(P)/\$70(N)	Ages: 4-6	North Pool	\$53(P)/\$64(N)	Ages: 4-6	North Pool
#9064 Sun \$59(P)/\$70(N)	Oct 26-Dec 14 Ages: 4-6	10:25-10:55 am North Pool	#9081 Wed	Sep 10-Oct 22	4:30-5 pm

9:50-10:20 am

9:50-10:20 am

North Pool

North Pool

### Strokers 1

\$59(P)/\$70(N)

\$59(P)/\$70(N)

Sun

Sun

#9065

#9066

Children who can swim a combined stroke on the front and back and can do kicking with arm stroking for at least 8 yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Sep 7-Oct 19

Oct 26-Dec 14

Ages: 4-6

Ages: 4-6

#9067 Mon	Sep 8-Oct 20	4:30-5 pm
\$59(P)/\$70(N)	Ages: 4-6	North Pool
#9068 Mon	Oct 27-Dec 8	4:30-5 pm
\$53(P)/\$64(N)	Ages: 4-6	North Pool

#9079	Tue	Sep 9-Oct 21	5:30-6 pm
\$59(P)/\$7	'0(N)	Ages: 4-6	North Pool
#9080	Tue	Oct 28-Dec 9	5:30-6 pm
\$53(P)/\$6	34(N)	Ages: 4-6	North Pool
#9081	Wed	Sep 10-Oct 22	4:30-5 pm
\$59(P)/\$7	'0(N)	Ages: 4-6	North Pool
#9082	Wed	Oct 29-Dec 10	4:30-5 pm
\$53(P)/\$6	34(N)	Ages: 4-6	North Pool
#9083	Sat	Sep 6-Oct 18	10:50-11:20 am
\$59(P)/\$7	′0(N)	Ages: 4-6	North Pool
#9084	Sat	Oct 25-Dec 13	10:50-11:20 am
\$59(P)/\$7	'0(N)	Ages: 4-6	North Pool



## Children's Swim Classes

We Love Parents, but..... To assist us in offering a quality program for your child, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

## Swim Team Prep

Swimmers must be able to swim two lengths (50 yards) of a coordinated freestyle, back crawl and one length (25 yards) of a breaststroke. Breaststroke perfection and endurance will be emphasized. Children must have passed Youth 6 and 7 to take this class.

#9037 Sat	Sep 6-Oct 18	9-9:30 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9038 Sat	Oct 25-Dec 13	9-9:30 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool

#### Youth 1

Water adjust is the focus in this class! Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards. Children, when ready, will work on skills taught in Youth 2!

#8999 Tue	Sep 9-Oct 21	4:30-5 pm
\$53(P)/\$64(N)	Ages: 3-5	North Pool
#9000 Tue	Oct 28-Dec 9	4:30-5 pm
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9001 Sat	Sep 6-Oct 18	11:25-11:55 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9002 Sat	Oct 25-Dec 13	11:25-11:55 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool

#### Youth 2

Children who can submerge for 5-10 seconds and do a front float should take this class. They will work on basic swimming skills such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing.

#9003 Sat	Sep 6-Oct 18	10:50-11:20 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9004 Sat	Oct 25-Dec 13	10:50-11:20 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9005 Sat	Sep 6-Oct 18	9:35-10:05 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9006 Sat	Oct 25-Dec 13	9:35-10:05 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9007 Sun	Sep 7-Oct 19	9:15-9:45 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9008 Sun	Oct 26-Dec 14	9:15-9:45 am
\$53(P)/\$64(N)	Ages: 6 +	North Pool
#9009 Thu	Sep 11-Oct 23	4:30-5 pm
\$53(P)/\$64(N)	Ages: 6 +	North Pool

#9010 T	hu	Oct 30-Dec 11	4:30-5 pm
\$50(P)/\$61(	(N)	Ages: 6 +	North Pool

#### Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on the front and back should take this class. Children will learn to develop stroke improvement, back crawl, whip kick, treading water and rhythmic breathing.

#9011	Sat	Sep 6-Oct 18	9:35-10:05 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9012	Sat	Oct 25-Dec 13	9:35-10:05 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9013	Sat	Sep 6-Oct 18	10:10-10:40 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9014	Sat	Oct 25-Dec 13	10:10-10:40 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9015	Sun	Sep 7-Oct 19	9:50-10:20 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9016	Sun	Oct 26-Dec 14	9:50-10:20 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool

#### Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and back stroke for 15 yards should take this class. Children will work on perfecting front crawl, back crawl and treading water. Students will be introduced to elementary backstroke and breast stroke as well as butterfly arms.

#9017	Sat	Sep 6-Oct 18	9-9:30 am
\$53(P)/\$6	34(N)	Ages: 6 +	North Pool
#9018	Sat	Oct 25-Dec 13	9-9:30 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9019	Sat	Sep 6-Oct 18	11:25-11:55 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9020	Sat	Oct 25-Dec 13	11:25-11:55 am
\$53(P)/\$6	4(N)	Ages: 6 +	North Pool
#9021	Sun	Sep 7-Oct 19	9:15-9:45 am
\$53(P)/\$6	34(N)	Ages: 6 +	North Pool
#9022	Sun	Oct 26-Dec 14	9:15-9:45 am
\$53(P)/\$6	34(N)	Ages: 6 +	North Pool

#### Youth 5

Children who can already swim one length of front crawl, back crawl and can swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water should take this class. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

#9023	Sat	Sep 6-Oct 18	9-9:30 am
\$53(P)/\$6	64(N)	Ages: 6 +	South Pool

#9024 Sat	Oct 25-Dec 13	9-9:30 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9025 Sat	Sep 20-Oct 25	10:10-10:40 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9026 Sat	Oct 25-Dec 13	10:10-10:40 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9027 Sun	Sep 7-Oct 19	10:25-10:55 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9028 Sun	Oct 26-Dec 14	10:25-10:55 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool

#### Youth 6

The ability to swim two lengths (50 yards) of front crawl, back crawl and swim 15 yards of sidestroke, all in good form, is required for this class. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

#9029 Sat	Sep 6-Oct 18	9:35-10:05 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9030 Sat	Oct 25-Dec 13	9:35-10:05 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9031 Sat	Sep 6-Oct 18	10:10-10:40 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9032 Sat	Oct 25-Dec 13	10:10-10:40 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9033 Sun	Sep 7-Oct 19	10:25-10:55 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9034 Sun	Oct 26-Dec 14	10:25-10:55 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool

#### Youth 7

Swimmers who are able to swim two lengths (50 yards) of free style and back stroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Swimmers MUST have passed Youth 5, 6 & 7 in order to take this class.

#9035 Sat	Sep 6-Oct 18	9:35-10:05 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool
#9036 Sat	Oct 25-Dec 13	9:35-10:05 am
\$53(P)/\$64(N)	Ages: 6 +	South Pool

## **Adult Swim Classes**

## Adult Beginner 1

Adults will be introduced to the basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing. This is an aquatic orientation class.

#8919	Wed	Sep 10-Oct 29	8:30-9:15 pm
\$49(P)/\$5	57(N)	Ages: 14 +	South Pool

## Adult Beginner 2

This class is designed for adults who know the basics of swimming but need to work on stroke coordination and rhythmic breathing. Adult Beginner 1 is recommended prior to taking this class.

#8920 Wed	Sep 10-Oct 29	8:30-9:15 pm
\$49(P)/\$57(N)	Ages: 14 +	South Pool
#8921 Thu	Sep 11-Oct 16	10:05-10:35 am
\$25(P)/\$31(N)	Ages: 14 +	South Pool
#8922 Thu	Oct 23-Dec 4	10:05-10:35 am
\$30(P)/\$36(N)	Ages: 14 +	South Pool
#8923 Sat	Sep 6-Oct 18	9:00-9:30 am
\$53(P)/\$64(N)	Ages: 14 +	South Pool

### Adult Beginner 3

Prerequisite: Swimmers should be at home in deep water, able to tread water and swim 20 yards of crawl stroke and back crawl. Adult Beginner 2 is recommended prior to taking this class. Class will help students refine the crawl stroke, back crawl and teach the elementary backstroke and breaststroke.

#8924 Thu	Sep 11-Oct 16	10:40-11:10 am
\$25(P)/\$31(N)	Ages: 14 +	South Pool
#8925 Thu	Oct 23-Dec 4	10:40-11:10 am
\$30(P)/\$36(N)	Ages: 14 +	South Pool

#### **Adult Stroke Correction**

Swimmers who have accomplished the basics but need to refine their strokes should take this class. Back crawl, front crawl, breast stroke and sidestroke will be developed. Endurance and breathing are stressed. This class is not for beginners! Adult Beginner 3 is recommended prior to taking this class.

#8917 Thu	Sep 11-Oct 16	10:40-11:10 am
\$25(P)/\$31(N)	Ages: 14 +	North Pool
#8918 Thu	Oct 23-Dec 4	10:40-11:10 am
\$30(P)/\$36(N)	Ages: 14 +	North Pool

## **Adult Water Fitness**

#### Aqua Fitness

Class emphasizes aerobics, stretching and toning. Some swimming is done in the Mon., Wed. and Fri. classes. Music is used in the Tues./Thurs. classes. Classes are taught in deep and shallow water.

#8928 \$47(P)/\$5	,	Sep 8-Oct 22 Ages: 16 +	8:30-9:15 am North Pool
#8929 \$47(P)/\$5		Sep 8-Oct 22 Ages: 16 +	9:15-10 am North Pool
#8930 \$29(P)/\$3	Mon 35(N)	Sep 8-Oct 27 Ages: 16 +	9-9:45 pm South Pool

#8931 Mon	Nov 3-Dec 15	9-9:45 pm	#8954 Thu	Sep 11-Oct 23	7:35-8:20 pm
\$25(P)/\$31(N)	Ages: 16 +	South Pool	\$25(P)/\$31(N)	Ages: 15 +	South Pool
#8932 Mon, Wed	Oct 27-Dec 17	8:30-9:15 am	#8955 Mon	Oct 27-Dec 15	9:15-10 am
\$54(P)/\$66(N)	Ages: 16 +	North Pool	\$29(P)/\$35(N)	Ages: 15 +	South Pool
#8933 Mon, Wed	Oct 27-Dec 17	9:15-10 am	#8956 Wed	Oct 29-Dec 17	9:15-10 am
\$54(P)/\$66(N)	Ages: 16 +	North Pool	\$29(P)/\$35(N)	Ages: 15 +	South Pool
#8934 Tue, Thu	Sep 9-Oct 23	8:30-9:15 am	#8957 Fri	Oct 31-Dec 12	9:15-10 am
\$47(P)/\$58(N)	Ages: 16 +	North Pool	\$25(P)/\$31(N)	Ages: 15 +	South Pool
#8935 Tue, Thu	Sep 9-Oct 23	9:15-10 am	#8958 Tue	Oct 28-Dec 16	7:35-8:20 pm
\$47(P)/\$58(N)	Ages: 16 +	North Pool	\$29(P)/\$31(N)	Ages: 15 +	South Pool
#8936 Fri	Sep 12-Oct 24	8:30-9:15 am	#8959 Thu	Oct 30-Dec 11	7:35-8:20 pm
\$25(P)/\$31(N)	Ages: 16 +	North Pool	\$25(P)/\$31(N)	Ages: 15 +	South Pool
#8937 Fri \$25(P)/\$31(N)	Sep 12-Oct 24 Ages: 16 +	9:15-10 am North Pool		er without getting tired.	
#8938 Wed	Sep 10-Oct 29	8:30-9:15 pm		es without fatigue, using e and breaststroke ar	

South Pool

North Pool

9:15-10 am

North Pool

North Pool

8:30-9:15 am

8:30-9:15 am

## **H20 Aerobics**

Fri

Tue, Thu

Tue, Thu

#8939

#8940

#8941

\$29(P)/\$35(N)

\$50(P)/\$62(N)

\$50(P)/\$62(N)

\$25(P)/\$31(N)

Come exercise in this low impact aerobics class that uses the resistance of the water to stretch, tone, and strengthen muscles. You do not have to swim to benefit from this class. Equipment and music may be used.

Ages: 16 +

Ages: 16 +

Ages: 16 +

Ages: 16 +

Oct 28-Dec 18

Oct 28-Dec 18

Oct 31-Dec 12

#8926 Tue		Sep 9-Oct 23	8:20-9:05 pm
\$48(P)/\$60(N)		Ages: 16 +	South Pool
#8927 Tue	, -	Oct 28-Dec 18	8:20-9:05 pm
\$51(P)/\$64(N)		Ages: 16 +	South Pool

#### H20 Walking

This water fitness program involves walking in waist to chest deep using different steps and directions at varying speeds to achieve cardio-respiratory fitness. 30 minutes of water walking equals to 2 hours of land walking. Class is taught in deep and shallow water. Music may be used.

#8950 Mon	Sep 8-Oct 20	9:15-10 am
\$25(P)/\$31(N)	Ages: 15 +	South Pool
#8951 Wed	Sep 10-Oct 22	9:15-10 am
\$25(P)/\$31(N)	Ages: 16 +	South Pool
#8952 Fri	Sep 12-Oct 24	9:15-10 am
\$25(P)/\$31(N)	Ages: 16 +	South Pool
#8953 Tue	Sep 9-Oct 21	7:35-8:20 pm
\$25(P)/\$31(N)	Ages: 16 +	South Pool

one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll but you must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

#8942 Tue	Sep 9-Oct 21	11:10-11:55 am
\$25(P)/\$31(N)	Ages: 15 +	South Pool
#8943 Tue	Sep 9-Oct 21	9:15-10 pm
\$25(P)/\$31(N)	Ages: 15 +	North Pool
#8944 Thu	Sep 11-Oct 23	11:10-11:55 am
\$25(P)/\$31(N)	Ages: 15 +	South Pool
#8945 Thu	Sep 11-Oct 23	9:15-10 pm
\$25(P)/\$31(N)	Ages: 15 +	North Pool
#8946 Tue	Oct 28-Dec 16	11:10-11:55 am
\$29(P)/\$35(N)	Ages: 15 +	South Pool
#8947 Tue	Oct 28-Dec 16	9:15-10 pm
\$29(P)/\$35(N)	Ages: 15 +	North Pool
#8948 Thu	Oct 30-Dec 11	11:10-11:55 am
\$25(P)/\$31(N)	Ages: 15 +	South Pool
#8949 Thu	Oct 30-Dec 11	9:15-10 pm
\$25(P)/\$31(N)	Ages: 15 +	North Pool



Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date. the course may be cancelled.

REGISTER EARLY!

## Seniors Swim Classes

#### 60 Plus Swim Class

Maintain a younger you by taking our dynamic water exercise/ swim class. Class is designed to emphasize stretching and toning to keep you healthier. Swim equipment is used and the class is taught to music. Note: Senior residents pay passholder fee.

#9085 Tue, Thu	Sep 9-Oct 23	2-2:45 pm	
\$14(P)/\$18(N)	Ages: 60 +	South Pool	
#9086 Thu, Tue	Oct 30-Dec 18	2-2:45 pm	
\$14(P)/\$18(N)	Ages: 60 +	South Pool	

# Arthritis, Fibromyalgia, TBI, MS, Stroke

These classes are designed for those suffering from Arthritis, Fibromyalgia, Joint Replacements, Stenosis, Traumatic Brain Injuries, Multiple Sclerosis, Stroke and other related disorders. The classes are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing your cardiovascular system and pain reduction.

#9087 Mon, Wed	Sep 8-Oct 22	9:30-10:30 am
\$38(P)/\$48(N)	Ages: 14 +	North Pool
#9088 Mon, Wed	Oct 27-Dec 17	9:30-10:30 am
\$38(P)/\$48(N)	Ages: 14 +	North Pool
#9089 Tue, Thu	Sep 9-Oct 23	8:30-9:30 am
\$38(P)/\$48(N)	Ages: 14 +	North Pool
#9090 Tue, Thu	Oct 28-Dec 18	8:30-9:30 am
\$38(P)/\$48(N)	Ages: 14 +	North Pool
#9091 Wed	Sep 10-Oct 22	7:35-8:20 pm
\$38(P)/\$48(N)	Ages: 15 +	South Pool
#9092 Wed	Oct 29-Dec 17	7:35-8:20 pm
\$30(P)/\$36(N)	Ages: 14 +	South Pool

# Senior Adult Exercise Program Swim

Need to stop aches and pains? Come have the time of your life in a program designed to rejuvenate, recondition and strengthen tired aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Note: Senior residents pay passholder fee.

#9093 Mon, Wed		Sep 8-Oct 22	2:30-3:15 pm
\$18(P)/\$20(N)		Ages: 60 +	North Pool
#9094 Mo	- ,	Oct 27-Dec 17	2:30-3:15 pm
\$18(P)/\$20(I		Ages: 60 +	North Pool

## Senior Aquacize

Senior citizens will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Note: Senior residents pay passholder fee.

	Mon, We 36(N)	ed, Fri Sep 8 Ages: 60	10:10-10:55 am North Pool
#9096 \$30(P)/\$	- ,	ed, Fri Oct 2 Ages: 60	10:10-10:55 am North Pool

## Senior Aquacize - Advanced

Same as Seniorcize only faster paced. Note: Senior residents pay passholder fee.

#9097	Mon, Wed, Fri	Sep 8-Oct 24	11:05-11:50 am
\$30(P)/\$3	36(N) Ag	es: 60 +	North Pool
, .	` '		
#9098	Mon, Wed, Fri	Oct 27-Dec 12	11:05-11:55 am
\$30(P)/\$3	36(N) Aq	es: 60 +	North Pool
\$30(P)/\$3	36(N) Ag	es: 60 +	North Poo

## Special Swim

## **Aquatic Doctor's Orders**

The doctors have spoken. Now practice what they preach! Water provides a stress-free environment in which to continue therapy and rehabilitation. Learn additional skills in this multilevel modified exercise class. Class is tailored to individual needs.

#9099 Tue, Thu		Sep 9-Oct 23	10:10-10:55 am
\$55(P)/\$60(N)		Ages: 18 +	North Pool
#9100	Tue, Thu	Oct 28-Dec 11	10:10-10:55 am
\$55(P)/\$	660(N)	Ages: 18 +	North Pool

# **Rockville Masters Swimming**

This program is designed specifically for swimmers who are competing in the Masters Program of United States Swimming Inc. Those participating in the RMSC group will not, however, be required to 'attach' to RMSC for team purposes. This program will offer a structured swimming workout with a professional coach. Participants will be expected already to have attained a reasonable level of proficiency in at least two of four competitive strokes. Purchase your pass-card at the Front Desk.

#9101	Mon, We	d, Fri	Sep 8-Dec 26	6:30-7:30 am
\$145(P)/3	\$115(N)	Age	es: 18 +	South Pool

# Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting class will teach you water movements and the strokes you need. Class may be split according to ability.

#9130 Tue	Sep 9-Dec 16	9:30-11 am
\$101(P)/\$124(N)	Ages: 18 +	South Pool